



# LVCC February 2011 E-Newsletter

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## Fall 2011 Preschool/AfterK Registration

With the New Year comes Fall Registration!

In-House Lottery Registration:

January 31-February 11, 2011

Open Lottery Registration:

February 14-25, 2011

Forms and information available starting Jan. 15th at front desk

## Sweetheart Sing-A-Long



Monday and Tuesday

February 14 & 15, 2011

10:30a

Come out to hear our preschoolers sing  
songs to celebrate Valentine's Day!

# Preschool Programs

## MOMMY & ME

(Ages 1½-3) Great first class. Parents help children to make a themed craft for the season. Instructor: Genie Rovang.

201105-03 \$11.00  
W 2/16-2/16 10:00A-10:45A

## GARTH'S GAMES

(Ages 3-6) Join Mr. Garth to play favorites like freeze tag, duck, duck goose, and red rover! We'll invent new games too! Bring lunch.

201106-09 \$16.00  
W 2/2-2/2 11:30A- 2:00P  
201106-10 \$16.00  
W 2/9-2/9 11:30A- 2:00P  
201106-11 \$16.00  
W 2/16-2/16 11:30A- 2:00P  
201106-12 \$16.00  
W 2/23-2/23 11:30A- 2:00P

## SUPER WINTER NATURE ADVENTURES

(Ages 3-6) Bring a lunch to enjoy before heading out. Water and a snack provided. Dress warmly. Instructors: Garth Adams and Sandy Nave.

201107-03 \$21.00  
F 2/25-2/25 11:30A- 2:30P

## AMAZING ATHLETES

(Ages 2-6) Join Coach Robert! Your child will learn the basic fundamentals of different sports while improving hand-eye coordination, gross motor skills, cardiovascular health, muscle tone, confidence, teamwork and much more!

201108-03 \$47.00  
W 2/2-2/23 11:45A-12:30P  
201109-07 \$21.00 Snow & Ice  
M 2/7-2/7 11:30A- 2:30P  
201109-08 \$21.00 Lady Bugs & Insects  
M 2/14-2/14 11:30A- 2:30P  
201109-09 \$21.00 Reduce, Reuse, Recycle  
M 2/28-2/28 11:30A- 2:30P

## WORLD ACCORDING TO GARTH

(Ages 3-5) Mr. Garth is full of knowledge on almost any subject. Stay, Learn, & Play. Bring a lunch. Instructor: Garth Adams.

201109-07 \$21.00 Snow & Ice  
M 2/7-2/7 11:30A- 2:30P  
201109-08 \$21.00 Lady Bugs & Insects  
M 2/14-2/14 11:30A- 2:30P  
201109-09 \$21.00 Reduce, Reuse, Recycle  
M 2/28-2/28 11:30A- 2:30P

## DIETRICH'S NINJAS

(Ages 3-5) Dietrich's Ninjas is an action-packed curriculum that teaches kids to focus, increase their coordination and prepare for the listening challenges of elementary school. Instruction by Dietrich's Karate.

201116-03 \$50.50  
M 2/7-2/28 11:45A-12:15P

## TODDLER TIME

(Ages 1½-3) Children will play with toys, listen to music and make a craft while meeting new friends. Parents must attend. Instructor: Genie Rovang.

201110-01 \$11.00  
Tu 2/8-2/8 10:00A-10:45A  
201110-02 \$11.00  
Tu 2/15-2/15 10:00A-10:45A  
201110-03 \$11.00  
Tu 2/22-2/22 10:00A-10:45A

## VALENTINE FUN

(Ages 18-35mos) Join us to make a fun Valentine's Day craft with love. Parents help their children. Instructor: Genie Rovang.

201118-01 \$11.00  
F 2/11-2/11 10:00A-10:45A

## NERF KIDS

(Ages 1½-3) Take advantage of our mats, soft balls, and toddler toys in our warm gym. Parent must supervise their children. Instructor: Kitty Hughes.

201123-01 \$22.00  
201123-02 \$22.00  
W 2/9-2/23 9:00A-10:00A

## TEDDY BEAR PICNIC

(Ages 3-4) Bring your lunch and favorite teddy bear to go on a bear hunt, play games, and make a cute bear craft and a yummy bear snack! Instructor: Elizabeth Licciardone.

201144-01 \$19.00  
W 2/23-2/23 11:30A- 1:30P

## MAKE IT, TAKE IT CARDS & COOKIES

(Ages 3-5) Make treats for your sweets! Homemade Valentine's Day cards will delight your family & friends. Pack a lunch. Instructor: Kathy Patrick.

201146-01 \$18.00  
M 2/7-2/7 11:30A- 1:00P

## WILL YOU BE MINE?

(Ages 4-6) Make a valentine for someone special and enjoy fun holiday activities. Bring a lunch. Instructor: Elizabeth Licciardone.

201147-01 \$21.00  
W 2/9-2/9 11:30A- 2:00P

## CHINESE NEW YEAR

(Ages 4-6) It's the year of the rabbit! Let's celebrate by singing songs, playing games, and practicing our chopstick skills. Bring a lunch. Instructor: Elizabeth Licciardone.

201155-01 \$21.00  
W 2/2-2/2 11:30A- 2:00P

# Elementary & Middle School Programs

## FOOTBALL FUNDAMENTALS

(Ages 6-9) Instructor: Robert Jackson, Amazing Athletes

201203-02 \$89.00  
Sa 2/5-2/26 10:00A-11:00A

## DIETRICH'S DRAGONS

(Ages 6-12) Dietrich's Dragons is an action-packed, exciting developmental program combining play, therapy, fitness, gross motor and martial arts skills.

201206-03 \$50.50  
M 2/7-2/28 3:00P- 3:30P  
201206-06 \$66.00  
Sa 2/5-2/26 10:15A-10:45A

## DIETRICH'S PRESIDENT'S DAY CAMP

(Ages 5-12) See description for Dietrich's Winter Break Camp.

201210-01 \$44.00  
M 2/21-2/21 8:00A- 6:00P

## DRESS-UP DIVAS

(Ages 5½-8) Missing "the royal treatment" from Princess Lounge-A-Lot? Costumes optional. We'll provide dress-up clothes and a snack. Instructor: Kitty Hughes.

201212-01 \$19.00  
Tu 2/1-2/1 3:30P- 5:30P

## WINTER SUN CATCHER

(Ages 5-8) Learn how to make a variety of ice sun catchers for display at the center. Instructions will be sent too. Instructor: Kitty Hughes.

201213-01 \$10.00  
Th 2/17-2/17 3:30P- 4:30P

## PRESIDENTS' DAY PROGRAM

(Ages 6-12) Children will swim at Cub Run Pool and visit playgrounds (weather dependent). Bring a backpack, a hearty lunch and snack. Dress warmly. Children must be picked up by 5P. Instructor: Kitty Hughes.

201227-01 \$51.00  
M 2/21-2/21 9:00A- 5:00P

## FOOTBALL FUNDAMENTALS

(Ages 10-13) Instructor: Robert Jackson, Amazing Athletes

201302-02 \$32.00  
Sa 2/5-2/26 12:00P-12:45P  
201301-02 \$89.00  
Sa 2/5-2/26 11:00A-12:00P

## DANCE BLAST

(Ages 10-12) Dance Blast is a fun, high energy, blend of hip hop, jazz, and your own unique style! Instructor: Sara Johnson.

201302-02 \$32.00  
Sa 2/5-2/26 12:00P-12:45P



# Fitness Programs

## TOTAL BODY WORKOUT

(Ages 18 & Up) Ongoing programs at LVCC. 5 Total Body Workout Programs. Purchase a 15 visit punch card for \$100 and use it for any of the 5 programs. First class is free. Must register in person at LVCC to receive punch card.

### **Mondays: Cross Training 6:30P- 7:30P**

Mid to high intensity interval class (with low impact options). This class may include cardiovascular conditioning, calisthenics, agility, balance, and muscle conditioning. All fitness levels welcome. Instructor: Chrissy Schneider.

### **Tuesdays: Cardio, Core, & More 9:00A-10:00A**

Cardio format will rotate between step, kickboxing, dance aerobics, athletic conditioning, and interval training. The core training segment will focus on exercises designed to strengthen and stabilize your abdominal, back, and other trunk muscles. All fitness levels welcome. Instructor: Sara Johnson.

### **Wednesdays: Cardio/Strength 6:30P- 7:30P**

Cardio format will rotate between dance aerobics, step, kickboxing, athletic conditioning, and interval training. The muscle conditioning segment will include exercises designed to improve muscle endurance and strength for the major muscle groups and will include core and balance training as well. All fitness levels welcome. Instructor: Sara Johnson.

### **Thursdays: Body Tone 9:00A-10:00A**

Total body muscle conditioning. This class will shape your body through muscle endurance and stability exercises, using various types of fitness equipment. All fitness levels welcome. Instructor Kristen Ramsey.

### **Thursday: Zumba \*NEW\* 7:30-8:30p**

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will inspire you to dance your way to fitness. It's an exciting hour of calorie burning, body energizing, awe-inspiring movements meant to engage and captivate! Add some Latin flavor and international zest into the mix and you've got a Zumba class! . Instructor: Sara Johnson.

### **Saturdays: Cross Training 8:30A- 9:30A**

Mid to high intensity interval class (with low impact options). This class may include cardiovascular conditioning, calisthenics, agility training, balance, and muscle conditioning. All fitness levels welcome. Instructor: Kristen Ramsey & Chrissy Schneider.

First Total Body Workout Class **FREE!!**

# Fitness Center



Fitness Room Hours:

Monday-Thursday

7:00a-9:30p

Friday

7:00a-6:00p

Saturday

8:00a-4:00p

Membership Options:

\$125/6 month membership

\$225/1 year membership

\$125/1 year for students and seniors

# Personal Training

**\$25/HR FOR MEMBERS OF THE LVCC FITNESS CENTER**

### Benefits of Personal Training

- Learn how to use the equipment in the fitness center
- Obtain an individualized fitness program that suits your goals and time commitment
- Learn new ways to enhance your current exercise routine
- Learn how to incorporate free weights and other fitness equipment into your workout using proper form.
- Increase cardiovascular health, muscle strength and endurance, flexibility, self esteem, and decrease stress

SEE FRONT DESK STAFF FOR MORE DETAILS





# AMERICAN GIRL DOLLS



Join us to learn about Felicity, Kit Kittedge, Julie Lanie & others too! Play American Girl games & make a craft & a special snack.

**INSTRUCTOR ELIZABETH LICCARDONE**

AGES 5—10 years

**FRIDAY MARCH 18TH**

**3:00—5:00pm**

**#301211-02 \$21**

You're welcome to bring your AG doll along!



## Help Wanted

Are you interested in becoming a preschool or child care sub? LVCC is always looking for qualified parents/ people in the community who want to be a bigger part of their child's education and life experiences. If you are interested, contact LVCC for the details. We are also looking for energetic people to join the LVCC Advisory Board. The Board is involved in a lot of key decisions about the future of LVCC. If you are interested in being a part of this dynamic group, please give us a call. We would love to have you on our team!

### ADA Policy:

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call Adaptive Recreation 10 days prior to the start of the activity.

Main # 703-777-0343

TTY# 703-771-5352

### Loudoun Valley Community Center

320 W. School St.

Purcellville, VA 20132

Phone: 540-338-4122

Fax: 540-338-6325

Loudoun Valley Community Center  
Parks, Recreation, Community Services  
Created by: Eugenia Rovang  
February 2011

### Hours of Operation:

Monday - Thursday

7:00a-9:30p

Friday: 7:00a-6:00p

Saturday: 8:00a-4:00p

Manager: David Shockley

Assistant Manager:

Steve Adgate